

2017

FREDERICK COUNTY  
Department  
of Aging

# Ask Nurse Steve

Steve Stoyke, LPN provides a brief overview and answers your questions about a current health topic, as well as provides blood pressure and other basic health screenings at this location. Check the calendar for day and time.

**January**      **It's A New Year and a New You.**

A discussion of how our body changes every 7 years cell by cell, and how our lives are affected.

**February**      **What's the difference between anxiety, depression and memory loss?**

A discussion on the signs and symptoms, how we react and what we can do to feel better.

**March**      **Why do I have trouble walking?**

A discussion on balance, and falls prevention.

**April**      **Has my immune system stopped working?**

A discussion of common illnesses, and changes to the immune system associated with aging.

**May**      **How can I make sure my doctor is listening to me?**

A discussion on how to make the most of your time with your health care provider. How to prepare for an appointment, and a review of common screenings, tests, and vaccines.

**June**      **How do I care for this skin I'm in?**

A discussion of basic skin care, symptoms of skin conditions and cancer, and the effects of sunlight.

**July**      **What is an Aneurysm?**

An explanation of causes, symptoms and treatment.

**August**      **What do you mean, 'mind my mouth'?**

A discussion of oral health, causes of bad breath and options for dental care.

**September**      **Why don't I see, hear, smell, taste or feel like I use to?**

A discussion of our senses; the changes that occur, and how we can compensate.

**October**      **Why can't I remember anything?**

A discussion to determine if it's just forgetfulness or a symptom of something more serious.

**November**      **Are vitamins and over the counter supplements harmless?**

A discussion of the safety, testing, and value of vitamins and supplements.

**December**      **Is laughter really the best medicine?**

